

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

September 15, 1997

Top Ten Health Hints

(continued from August newsletter)

by Alice Phillips

Top Ten Health Quotes

(Never underestimate the power of a good philosophy to preserve good health.)

1. "Every day, do something different, do something nourishing, do something physical and write something down." Stephen Lenton
2. "The truth will set you free, but first it will piss you off." Unknown
3. "The optimist laughs to forget; a pessimist forgets to laugh." Tom Nansbury
4. "The archer strikes the target, partly by pulling, partly by letting go." Zen
5. "Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more and all good things will be yours." Unknown
6. "The key question to answer in order to determine your well-being is whether or not you believe that the universe is a friendly place or not." Albert Einstein
7. "If you can't be periodically weird, you risk going permanently bonkers." Patch Adams
8. "Everyone is an athlete. The only difference is that some of us are in training and some of us are not." George Sheehan
9. "We are born with our eyes closed and our mouths open - and we spend our lives trying to reverse that mistake of nature." Dr. Dale E. Turner
10. "The moment of victory is too short to live for that and nothing else." Martina Navratilova

See Top Ten Ways to Renew Your Mind and Body
on page 4.

New VMST Members Lead the Way at LC Nationals

VMST had fourteen swimmers in Orlando, Florida, at the LC Championship meet. Team members placed first in eight events. New members Bonnie Kestner and Kelly Parker led the way with two first places finishes each. Newcomer Nancy Duncan, and stalwarts Lisa Bennett, Roberta Sugden, and Betsy Durrant each finished first in one event.

Bonnie Kestner is the athletic director and swim coach at Sweetbriar College. Swimming in the 45-49 year age group, she won the 200 fly and the 400 IM. Bonnie has not competed in 18 years, but obviously has not been out of the water all that time. Kelly Parker lives in Williamsburg now, but did her college swimming at NC State. She coached the varsity women at the University of South Carolina. Nancy Duncan was Kelly's assistant coach at USC and now lives in Greensboro, NC.

Roberta Sugden and Betsy Durrant won their first national championship - Roberta in the 200 IM and Betsy in the 200 backstroke. Lisa Bennett had a terrific finish in winning the 100 breaststroke, taking the lead in the last two meters.

Judy Martin, Kitten Braaten, Cheryl Conlin, Eric Miller, Rob Sultzer, Jim McFarland, and Jim Miller were other VMST members competing. The results for all VMST members are on page 5.

Kitten Braaten was the "Relay Queen" for this meet. In the traditional volunteer spirit that marks VMST, Kitten accepted responsibility for putting relays together at the meet. This is difficult since you don't know who will actually show up, you don't know what other plans have been made, and you don't know exactly when relays will start. In spite of all of the potential problems, Kitten did a super job!

POSTAL EVENTS

By October 15

10K x 2 Relay

Contact Mike Stott (804) 288-8808.

By December 15

Postal Pentathlon

Contact Wayde Mulhern, 570 - 96th Lane,
Blaine, MN 55432

Wayde Mulhern@Unisys.com

www.mn-lmsc.org/pnthln.htm

CAMPS AND CLINICS

Total Immersion Adult Swim Camps

Contact Terry Laughlin, (914) 294-3510

For calendar of camps (800) 609-SWIM

<http://www.totalimmersion.pair.com>

totalswimm@aol.com

Premier Stroke Clinic Series

Contact Clay Britt (301) 231-9740

USMS Mentor Clinic in Richmond

September 20-21

Information/application was in the August
LMSC newsletter.

Contact Terry Gault (804) 379-9099

Newsletter Editor: Betsy Durrant

211 66th Street

Virginia Beach, VA 23451

757-422-6811 (Phone or Fax)

DurrantB@aol.com

MEET SCHEDULE

September 14

Chinn Aquatic Center in Woodbridge

Contact: Harry DeLong (703) 368-0309

Entry was in August LMSC newsletter.

October 11

SCM, Hillsborough, NC (near Durham)

Contact Krista Phillips,, 9408 Hester Rd,

Hurdle Mills, NC 27541

(919) 732-3818.

November 1-2

SCM Zone Championship, Rutgers, NJ

Contact Rob Copeland, 246 Berger St,

Somerset, NJ 08873 (908) 828-2896

November 8

Norfolk Academy, Norfolk

Entry is on pages 10-11 on this issue.

April 23-26, 1998

YMCA Nationals, Fort Lauderdale, FL

Contact: Gateway Printing (ATTN Shellie),

PO Box 464, Hamburg, NY 14075

May 7-10, 1998

USMS SC Nationals, Indianapolis, IN

Entry will be in SWIM Magazine

VMST OFFICERS

President: Beth Waters, (804) 744-8225

Vice President: Nancy Miller, (804) 285-2758

Secretary: Sharon Popson, (757) 425-6056

Treasurer: Mike Duignan, (804) 486-3383

Pan Pacific Meet in Maui

by Kitten Braaten

Rainbows! I think I will always remember the beautiful, vibrant gorgeous, intense rainbows. Forget the swimming (no, not really); just being in a beautiful place with unforgettable scenery was enjoyable. Beth (*VMST President*) asked that I write about my impressions of my first international meet - well, I think I view things differently than most people. Most people take loads of pictures, I took about 3 rolls. Most people want to go out and do - I'm satisfied looking and absorbing what's around me. Most people enjoy trying different foods - when I tried something new, it didn't work out. This was the first time I have had a piece of food that I was unable to cut

Oh well, so what if the first meal was not perfect. I was in Hawaii ready to swim... a 200 fly - have I lost my mind? In a long course pool! I haven't swum this since I was 21 years old, but it's only 4 lengths. The 200 back will be a warmup. Quit whining and think positively.

Next thing you know, I'm going on a sunset sail. I wish I had taken the dramamine a little sooner. You know, the back of the boat is rather interesting; the waves are rather pretty - just don't mention food to me. Just let me get back to land - even if tomorrow is the 200 fly. Please God give me the strength before I get behind the blocks, or how about on the blocks. Please don't forget me during the race. Oh, Thank You! Shock, I actually placed better than I expected. Wow, I even got a time I could be happy with. But, if I had gone faster, I could have placed better - how quickly satisfaction has changed to "what if ..."

Really, I enjoyed being in Hawaii and placing in events in which I didn't expect to place. I never expected to use my French in Hawaii, but I did. I spoke to people from Holland, Switzerland, France, Morocco and exchanged viewpoints on what each country's problems are and how similar the world is.

Mary Aton has a lot of guts and a very

supportive son. Mary came to Maui to swim in her first meet - hoping no one from Virginia would be there to see her - fooled her! She, along with Terry Sue Gault, Nancy Miller, and I earned a first place medal in the 200 medley relay for the 200+ age group. We did alright, even if I had to swim the backstroke leg.

Editor's Note: Kitten, a Richmond native, is a French teacher.

A Note From the President

by Beth Waters

In the July/August issue of *SWIM* magazine (page 10) a promotional poster is pictured called "Taking the Plunge". I'd like to make these available for all of the VMST practice groups. If your practice group would like one, please let me know by October 10 (804-744-8225).

In November at the annual fall meet and team meeting, VMST elections will be held. Are you interested in running for office or do you have a nomination? If so, please complete the form below and mail it to me. I'll forward it to the nominating committee.

President: _____

Vice President _____

Secretary _____

Treasurer _____

Please return to: Beth Waters
10604 Pursuit Court
Chesterfield, VA 23832

Top Ten Ways To Renew Your Mind and Body

(according to Health magazine, April 1997)

by Alice Phillips

1. **Say good-bye to dieting.** First of all, it doesn't work, at least not for long and not for the vast majority of people. There is no magic cure out there (as Oprah says, if there was, she'd have found it by now!). You actually do not have to be thin to be healthy. Fitness and healthful eating are more important than weight. The most current research suggests that weight is only a health risk at the very outer limits of the bell curve (100+ overweight and super underweight levels) as long as people eat right and get activity most days.

2. **Give your body time to heal.** Our technology orientation and love of immediacy has led us to seek the quick fix and to sometimes overtreat conditions that nature can take care of herself. Less is sometimes more and time is a great healer.

3. **Welcome fat back into the kitchen.** At first it made sense, cut back on fats, which naturally have twice the calories of carbs and proteins, and you will naturally drop calories and weight. Not so, says the dieter who can put away a whole bag of nonfat Fig Newtons. Calories still count and in fact in many parts of the world, the common diet is higher in fat than the current American average and the people live long with less heart disease. The key is saturated fat (like the kind in meats, dairy products, butter, i.e. things that come from animal sources and are hard at room temperature). Go back to the regular Newtons - they only have one gram anyway, they cost less, and they are more satisfying with less sugar (and calories). Just try not to eat the whole bag.

4. **Don't face stress alone.** After years of argument about whether there is a Type A person and whether that person does in fact have a greater susceptibility to heart disease, the vote is finally in. Several notable researchers, not the least of whom is

Rosenman of 1970s Type A origination fame, have decided that the trait that endangers Type As is insecurity. Type As have deep seated insecurity that causes them to be competitive, to think people are out to get them, to over achieve and over accomplish, and to get busy instead of getting close to others. We all benefit from social support - it is in our nature as a species - we are safer and more secure when others are accessible and helpful.

5. **Rebel against a sedentary life.** The government looked at the mountains of exercise research and determined that people need to just get up off the sofa and do something active for about 30 minutes most days. A Scottish researcher calculated that due to modern conveniences the average person burns 800 fewer calories than in the 1970s. Some of us compensate by exercising obsessively, but many do not have the stomach for such nonsense. We can reap the basic benefits of exercise by taking those pesky stairs (when you can find them), walking and playing more, dancing, gardening, stretching, doing sit-ups during commercials, etc. Move it or lose it.

6. **Don't look for youth in a pill.** It's probably another baby boomer, aging society phenomenon, but people are more youth obsessed than ever. melatonin, DHEA, mega vitamins, ginseng, estrogen to fight wrinkles. We seem to be obsessed with the science of life and not enough with the art of living. There is some research in favor of many of these hormones and pills, but the first place to look for youth is the same place your mom told you to look for beauty.

7. **Choose treatment you believe in.** The mind body connection is hot news again and more and more research is verifying that what you think about your health (and your healing, be it surgery or homeopathy) is just as vital if not more vital than what you do about your health or what genes you were given. Instead of fighting against the placebo effect (which has been long established in the literature), health professionals would be trying to tap into it.

8. Eat to fight cancer. Anti-oxidants, phytochemicals, something else. Whatever it is, fruits and veggies are as good for you as they have always been. Fill up on them.

9. Give your skin a break. If it's youth you want, get out of the sun. If it's cancer you fear, get out of the sun. If it's tan lines you're trying to get rid of, don't get them in the first place. Ask Patty Powis (Richmond VMST) what it's like in Australia now - people are afraid of the sun. Heed the warnings and get your kids in the habit as young as possible. Most of us got 80% of our sun damage before age 18.

10. Treat depression with more than drugs. Prozac and her family and friends have helped millions, but are not the ultimate cures. Talk therapy has consistently equal success rates to drugs, and lifestyle therapy like exercise, support groups, friendships and relaxation techniques have a role to play as well, especially with less severe cases.

VMST Results from LC Nationals

Cheryl Conlin (29): 2-200 breast, 3-100 breast and 50 breast, 4-50 fly, 7-200 IM, 8-50 free.

Nancy Duncan (29): 1-50 fly, 3-50 and 100 free.

Kelly Parker (35): 1-400 and 1500 free, 2-200 and 800 free, 4-100 free.

Lisa Bennett (41): 1-100 breast, 2-50 and 200 breast, 4-200 IM, 6-50 free, 7-50 fly.

Kitten Braaten (42): 4-200 fly, 6-100 fly, 10-800 free and 200 back, 12-400 free, 15-200 free.

Bonnie Kestner (45): 1-200 fly and 400 IM, 3-800 free and 200 back, 4-100 back, 6-200 IM

Judy Martin (55): 3-200 back, 4-50 back and 200 IM, 5-50 breast.

Betsy Durrant (55): 1-200 back, 2-100 back, 3-50 back and 50 and 100 breast.

Roberta Sugden (80): 1-200 IM, 3-50 fly, 4-50 free and 50 breast, 5-100 free.

September Birthdays

***denotes "aging up"**

Victoria Augustine	Blacksburg	9/30/67	30*
Steve Bailey	Virginia Beach	9/23/58	39
Diana Bareis	Midlothian	9/27/63	34
Jeanifer Bartlett	Newington	9/23/68	29
Karen Connolly	Richmond	9/08/72	25*
Betsy Durrant	Virginia Beach	9/18/41	56
Kevin Halligan	Richmond	9/07/54	43
Bobbin Hichak	Midlothian	9/09/54	43
Mathilde Huber	Richmond	9/11/27	70*
Andrea Jones	New Canton	9/22/60	37
Kaye Kriz	Blacksburg	9/19/48	49
Charles Marcum	Oakton	9/09/62	35*
Joyce Mullins	Midlothian	9/28/49	48
Dorothy Niles	Lynchburg	9/19/41	56
Jeanine Paulson	Richmond	9/10/69	28
Jorgen Pest	Lynchburg	9/08/69	28
Janet Scheid	Vinton	9/04/54	43
Richard Stone	Richmond	9/10/50	47
Forrest Sullivan	Virginia Beach	9/16/29	68
Barclay Totty	Richmond	9/01/62	35*
Paul Wiesner	Fredericksburg	9/03/47	50*
Chuck Wilmore	Springfield	9/16/34	63
Michael Wimsatt	Midlothian	9/18/50	47
D Wooddall Gainey	Roanoke	9/13/51	46

Correction to August Birthday List

Karen Beckman of Mechanicsville
was 47 on August 25

Jim McFarland (39): 5-800 free, 9-400 and 1500 free, 12-200 free.

Robb Sultzer (45): 11-400 free, 16-200 IM, 24-50 free.

Jim Miller (46): 11-100 back, 16-200 free.

Eric Miller (50): 6-50, 100, and 200 back, 8-50 fly and 100 free, 10-50 free.

Carl Russ (62): 4-400 IM.

Olympic Training Center in Colorado Springs

by Nancy Miller

It was with great pleasure that I participated as an on-deck coach at the first Masters swim camp to be held at the U.S. Olympic Training Center (USOTC) in Colorado Springs this past March. The concept for the camp originated with discussions during the Sports Medicine Committee meeting at the 1996 USMS convention in Orlando. Judy Bonning, coach of Coral Springs Masters, agreed to undertake the task of collaborating with USS and the USOTC in order to try to make it happen. Her organizational contacts in Colorado Springs were Will Colebank, USS Director of Athlete Development; Trish Rich, USS Athlete Development Secretary; and Bill Shalley, Director of the OTC Pool. The fee for each camper was approximately \$350 (plus airfare), which covered room and board at the OTC, pool time, videotape, group photo, and camp notebook. Each participant also had to be registered with US Swimming.

Seventeen swimmers - most of them from Florida - made the trip to Colorado Springs. Judy functioned as head coach specializing in stroke mechanics, and Cathy Copeland (from NJ) and I were assistant on-deck coaches. Cathy and I also had the opportunity to take advantage of some of the water and taping sessions by sharing coaching responsibilities. We all arrived on Wednesday, March 19th, and departed on Sunday, March 23rd.

We stayed in the athlete dorms, and our days began early. Group stretching began about 6:30 AM and was immediately followed by a classroom session. We then had access to the pool until 9 AM. After that, we were more than ready for a big breakfast at the OTC cafeteria just up the hill. The food was truly outstanding, both in quality and in quantity. We were given an official tour of the Training Center on Thursday, ending at the OTC store, where we all indulged in some souvenir merchandise. Friday the group loaded into cars and vans and made the trek to the top of Pike's Peak and

back. On Saturday we had the opportunity to go to the Garden of the Gods and the historic Broadmoor Hotel.

After lunch we usually had another classroom session. Lecturers included a staff nutritionist, Rich Sharp (physiology and training), and Karen Burton (open water and marathon swimming/training). Unfortunately, the flume was still down for renovation, so that was unavailable to us, nor was any body chemistry testing scheduled by ICAR. The pool staff arranged for all of us to try the towing system set up in the pool so that we could see what it's like to swim really fast! Underwater and above-the-water (from the side) taping was done by an OTC staff member at the beginning of the camp, and Nancy Schlueter critiqued the tapes during our classroom periods. We had another tow-hour pool session each afternoon, followed by a great dinner and some free time.

All in all, each of us came away with a very positive attitude toward our swimming, the OTC, and entire camp experience. Of course, there is always room for improvement, particularly in the type of opportunities which could be offered by this truly incredible facility. A session in weight-training, a complete body chemistry and body composition profile, the opportunity for each camper to have his or her stroke analyzed in the flume, a session with staff trainers with regard to ways to prevent and/or deal with injuries - the list is only limited by our imaginations. It is my hope that this pilot camp will lead the way to future camps - at least one a year - and that USS, the USOTC, and USMS will begin to build a strong collaborative effort.

I've run out of room for this newsletter. Next month, I'll have some updates on what team members are doing in "real" life, outside the pool.

**VIRGINIA MASTERS SWIM TEAM
18TH ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 8, 1997**



Location: Norfolk Academy, Norfolk, VA

Facility: Eight lane, 25 yard pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down.

Directions: From I-64, take the Northhampton Blvd exit - North. The first stop light is Wesleyan Drive (Lake Wright Motel is on the left). Turn right on Wesleyan Drive. The entrance to Norfolk Academy is the first right. On campus, bear to your right as far as you can go. Park in front of the gymnasium or next to the outdoor pool. The indoor pool (Vaughn Aquatic Center) is a 2 story building behind the gym. Enter from the courtyard.

Sanctioned by: USMS, INC and LMSC for VIRGINIA - Sanction #128-0001.

Meet Directors: Forrest Sullivan and Betsy Durrant

Eligibility: The standard Masters age groups will be used (19-24, 24-29, 30-34, 35-39, etc). All swimmers must be registered with USMS. Include a copy of your registration card with your entry or be prepared to register with LMSC for Virginia on the day of the meet. USMS registration (through LMSC for VA) is \$21 and will be available at the pool for deck entries or new swimmers. Do not mail your registration to Craig Campesi or Mike Duignan before the meet. There will not be time to get your card back. Bring your registration to the meet; make a separate check for registration. Do not include the registration amount in the meet entry. All new registrations will be good for all of 1998.

ORDER OF EVENTS. Warm-up starts at 11:00 am. First heat begins at 12:00 noon.

- | | |
|--|--|
| (1) 100 yd Butterfly | (10) 200 yd Breaststroke |
| (2) 200 yd Freestyle | (11) 50 yd Butterfly |
| (3) 100 yd Individual Medley | (12) 100 yd Freestyle |
| (4) 100 yd Backstroke | (13) 50 yd Backstroke |
| (5) 50 yd Freestyle | (14) 200 yd Individual Medley |
| (6) 100 yd Breaststroke | (15) 50 yd Breaststroke |
| (7) 400 yd Individual Medley (2 heats only) ** | (16) 500 yd Freestyle |
| (8) 200 yd Butterfly | (17) 1000 yd Freestyle (2 heats only) ** |
| (9) 200 yd Backstroke | |

** There will be only 2 heats of the 400 IM and the 1000 free.
The first 12 who enter!

Entries: \$3.00 per event for pre-entries. \$1.00 surcharge for computer results. Late entries and deck entries will be accepted at a cost of \$5.00 per event. Late and deck entries will be accepted to fill heats; if time permits, new heats will be created. Swimmers may enter a total of 5 events.

Entry Deadline: Pre-entries must be received by Saturday, November 1.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. Swimmers will be expected to cooperate with the Safety Marshall who will monitor warmup. No diving during warm-up except in designated lanes.

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for fourth through sixth places.

Social: A social for all swimmers, families, and friends will be held immediately after the meet (\$5 per person). Directions will be available at check-in.

******* ENTRIES ARE DUE BY NOVEMBER 1! *******

Age (on Nov 8): _____ Phone: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign the waiver.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ Date: _____

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	100 yd Fly	(11)	_____	50 yd Fly
(2)	_____	200 yd Free	(12)	_____	100 yd Free
(3)	_____	100 yd IM	(13)	_____	50 yd Back
(4)	_____	100 yd Back	(14)	_____	200 yd IM
(5)	_____	50 yd Free	(15)	_____	50 yd Breast
(6)	_____	100 yd Breast	(16)	_____	500 yd Free
(7)	_____	400 yd IM **	(17)	_____	1000 yd Free **
(8)	_____	200 yd Fly	**Two heats only in the 400 IM and 1000 free - just 12 entries! Alternate Event if 400 IM or 1000 Free is full: Event # _____, Seed Time _____		
(9)	_____	200 yd Back			
(10)	_____	200 yd Breast			

Number of Events _____ x \$ _____ (\$3 for Pre, \$5 for Late or Deck) = \$ _____
 Number attending social _____ x \$5 = \$ _____
 \$1 Surcharge for computer operator = \$ 1.00
 Total Amount Enclosed = \$ _____

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: James Wolfle, 509 East Rock Street, Harrisonburg, VA 22801. For questions, phone Betsy Durrant at 757-422-6811. No calls after 9:00 pm, please.

**1997 Commonwealth Games of Virginia
Masters Swimming Competition**

Meet Results for Timed Finals - LC Meters

Ages 19 Through 24 ---				Ages 40 Through 44 ---				Women 50 Breast			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals				
Women 50 Free				Women 50 Free				1	JUDY MARTIN	54 VMST	48.85
1	LEE ANN WHEAT	23 UNAT	34.15	1	JANET SCHEID	42 VMST	45.72	Ages 55 Through 59 ---			
Women 400 Free				Women 100 Free				PL	Name	Age Team	Finals
1	LEE ANN WHEAT	23 UNAT	6:17.90	1	JANET SCHEID	42 VMST	1:46.02	1	LUCILLE GRIFFIN	58 VMST	37.36
Women 50 Back				Women 200 Free				2	DOROTHY NILES	55 VMST	45.47
1	LEE ANN WHEAT	23 UNAT	42.54	1	JANET SCHEID	42 VMST	4:00.63	3	MARYAN MARSHALL	56 VMST	1:01.32
Ages 25 Through 29 ---				Women 50 Breast				Women 100 Free			
PL	Name	Age Team	Finals	1	JANET SCHEID	42 VMST	52.10	1	LUCILLE GRIFFIN	58 VMST	1:28.49
Women 100 Back				Women 100 Breast				Women 200 Free			
1	V. AUGUSTINE	29 VMST	1:24.69	1	JANET SCHEID	42 VMST	2:06.85	1	DOROTHY NILES	55 VMST	3:54.26
Women 50 Fly				Ages 45 Through 49 ---				2	MARYAN MARSHALL	56 VMST	4:21.25
1	V. AUGUSTINE	29 VMST	37.55	PL	Name	Age Team	Finals	Women 400 Free			
Women 100 Fly				Women 50 Free				1	MARYAN MARSHALL	56 VMST	9:56.72
1	V. AUGUSTINE	29 VMST	1:26.10	1	CAROLE SEASE	49 VMST	42.14	Women 50 Back			
Ages 30 Through 34 ---				Women 100 Free				1	LUCILLE GRIFFIN	58 VMST	50.20
PL	Name	Age Team	Finals	1	ELLEN NYGAARD	45 VMST	1:33.37	1	LUCILLE GRIFFIN	58 VMST	1:42.50
Women 100 Breast				2	CAROLE SEASE	49 VMST	1:39.10	Women 200 Back			
1	PRESCILLA BETTIS	32 UNAT	1:43.12	Women 200 Free				1	LUCILLE GRIFFIN	58 VMST	3:50.63
Women 200 Fly				1	PATSY WHEAT	49 UNAT	3:31.84	Women 100 Breast			
1	PRESCILLA BETTIS	32 UNAT	3:26.79	Women 400 Free				1	DOROTHY NILES	55 VMST	1:52.11
Ages 35 Through 39 ---				1	PATSY WHEAT	49 UNAT	7:24.85	Women 50 Fly			
PL	Name	Age Team	Finals	2	CAROLE SEASE	49 VMST	8:07.96	1	LUCILLE GRIFFIN	58 VMST	46.36
Women 50 Free				Women 50 Back				Women 100 Fly			
1	COLETTE JAMERSON	37 VMST	34.34	1	CAROLE SEASE	49 VMST	51.68	1	LUCILLE GRIFFIN	58 VMST	1:45.01
Women 100 Free				Women 100 Back				Women 200 Fly			
1	DEBY BILLS	36 VMST	1:32.96	1	CAROLE SEASE	49 VMST	1:59.63	1	LUCILLE GRIFFIN	58 VMST	3:57.96
Women 200 Free				Women 50 Breast				Ages 60 Through 64 ---			
1	COLETTE JAMERSON	37 VMST	3:02.45	1	CAROLE SEASE	49 VMST	1:12.15	PL	Name	Age Team	Finals
Women 400 Free				Women 100 Breast				Women 50 Free			
1	COLETTE JAMERSON	37 VMST	6:17.75	1	PATSY WHEAT	49 UNAT	1:50.90	1	JANE PHARIS	64 VMST	53.39
Women 50 Back				Women 50 Fly				2	NANCY YOUNG	60 VMST	1:06.35
1	COLETTE JAMERSON	37 VMST	46.22	1	ELLEN NYGAARD	45 VMST	47.46	3	ANNE IRONS	63 VMST	1:10.65
Women 50 Breast				Women 200 IM				4	MARY WRIGHT	63 VMST	2:05.85
1	DEBY BILLS	36 VMST	51.38	1	ELLEN NYGAARD	45 VMST	4:02.35	Women 100 Free			
Women 50 Fly				Ages 50 Through 54 ---				1	VERA SUIT	64 VMST	2:09.56
1	DEBY BILLS	36 VMST	50.60	PL	Name	Age Team	Finals	-	MARY WRIGHT	63 VMST	DNF
Women 400 IM				Women 400 Free				Women 200 Free			
1	COLETTE JAMERSON	37 VMST	7:22.15	1	JUDY MARTIN	54 VMST	7:10.39	1	ANNE IRONS	63 VMST	5:32.58
				Women 50 Back				Women 400 Free			
				1	JUDY MARTIN	54 VMST	45.85	1	ANNE IRONS	63 VMST	12:18.90
				Women 100 Back				Women 50 Back			
				1	JUDY MARTIN	54 VMST	1:43.65	1	JANE PHARIS	64 VMST	1:00.18
				Women 200 Back				2	JOANNE FARRIS	63 VMST	1:03.56
				1	JUDY MARTIN	54 VMST	3:41.81	3	NANCY YOUNG	60 VMST	1:17.08
								-	MARY WRIGHT	63 VMST	DQ

**1997 Commonwealth Games of Virginia
Masters Swimming Competition**

Meet Results for Timed Finals - LC Meters

Women 100 Back				Men 200 Back				Men 200 Breast							
1 JANE PHARIS	64	VMST	2:13.22	1 GENNARD LANZARA	38	VMST	2:55.82	1 MATT SMITH	42	VMST	3:26.88				
Women 200 Back				Men 50 Breast				2 JAMES REYNOLDS							
1 JOANNE FARISS	63	VMST	5:21.47	1 GENNARD LANZARA	38	VMST	40.36	3 REX MOOK	44	UNAT	4:38.42				
Women 50 Breast				Men 100 Breast				Men 50 Fly							
1 MARY WRIGHT	63	VMST	3:01.59	1 GENNARD LANZARA	38	VMST	1:26.00	1 LOUIS TUDOR	41	VMST	28.38				
Women 100 Breast				Men 200 Breast				2 RAYMOND BROWN							
1 MARY WRIGHT	63	VMST	7:15.02	1 GENNARD LANZARA	38	VMST	3:08.04	3 JAMES STROUTH	42	VMST	35.77				
Women 50 Fly				Men 50 Fly				4 PAUL CHAPMAN							
1 VERA SUIT	64	VMST	1:15.23	1 MORGAN GRIFFITH	39	VMST	36.46	Men 200 IM							
Women 200 IM				Men 100 Fly				1 JAMES STROUTH							
1 VERA SUIT	64	VMST	5:38.46	1 MORGAN GRIFFITH	39	VMST	1:42.92	2 PAUL CHAPMAN	41	VMST	3:17.82				
=====				Men 200 Fly				3 JAMES REYNOLDS							
--- Ages 70 Through 74 ---				1 MORGAN GRIFFITH				=====							
PL	Name	Age	Team	Finals	Men 200 IM				--- Ages 45 Through 49 ---						
-----				1 GENNARD LANZARA				PL				Name	Age	Team	Finals
				Men 400 IM				-----							
Women 50 Free				1 GENNARD LANZARA				Men 50 Back							
1 BEP CREEMERS	73	VMST	2:01.08	6:02.39				1 WILLIAM PHARIS							
Women 200 Free				=====				49 VMST 42.91							
1 BEP CREEMERS	73	VMST	9:09.98	--- Ages 40 Through 44 ---				Men 100 Back							
Women 50 Back				PL				1 WILLIAM PHARIS							
1 BEP CREEMERS	73	VMST	1:59.04	Name				49 VMST 1:36.88							
=====				Age				Men 200 Back							
--- Ages 80 Through 84 ---				Team				1 WILLIAM PHARIS							
PL	Name	Age	Team	Finals	Finals				49 VMST 3:43.47						
-----				=====				=====							
Women 100 Free				Men 50 Free				--- Ages 50 Through 54 ---							
1 ROBERTA SUGDEN	80	VMST	3:00.12	1 LOUIS TUDOR				PL				Name	Age	Team	Finals
Women 50 Breast				2 JAMES STROUTH				-----							
1 ROBERTA SUGDEN	80	VMST	1:42.95	41 VMST 26.41				Men 50 Free							
Women 50 Fly				3 PAUL CHAPMAN				1 WHARTON RAMSEY							
1 ROBERTA SUGDEN	80	VMST	1:38.09	41 VMST 32.74				51 VMST 29.34							
Women 200 IM				4 JAMES REYNOLDS				2 JAMES SLAUGHTER							
1 ROBERTA SUGDEN	80	VMST	7:55.31	44 VMST 33.85				51 NCMS 34.80							
=====				5 REX MOOK				3 RAND GARRETT							
--- Ages 35 Through 39 ---				44 UNAT 37.58				50 UNAT 43.22							
PL	Name	Age	Team	Finals	Men 100 Free				Men 100 Free						
-----				1 LOUIS TUDOR				1 JAMES SLAUGHTER							
				41 VMST 58.49				51 NCMS 1:19.33							
Men 50 Free				2 JAMES STROUTH				Men 200 Free							
1 MORGAN GRIFFITH	39	VMST	31.93	42 VMST 1:07.94				1 JAMES SLAUGHTER							
Men 100 Free				3 RAYMOND BROWN				51 NCMS 2:59.47							
1 GENNARD LANZARA	38	VMST	1:11.27	42 VBMS 1:12.37				2 RAND GARRETT							
2 MORGAN GRIFFITH	39	VMST	1:17.98	Men 200 Free				50 UNAT 3:48.09							
Men 200 Free				1 JAMES STROUTH				Men 400 Free							
1 JAMES MCFARLAND	39	VMST	2:21.64	42 VMST 2:33.88				1 JAMES SLAUGHTER							
				Men 400 Free				51 NCMS 6:30.47							
2 GENNARD LANZARA	38	VMST	2:36.42	1 REX MOOK				2 RAND GARRETT							
3 DAVID CUMINGS	39	VMST	2:42.15	44 UNAT 9:08.90				50 UNAT 7:57.85							
Men 400 Free				Men 50 Back				Men 50 Back							
1 JAMES MCFARLAND	39	VMST	4:57.06	1 PAUL CHAPMAN				1 JAMES SLAUGHTER							
				41 VMST 42.12				51 NCMS 54.04							
2 GENNARD LANZARA	38	VMST	5:34.93	2 RANDY HANSON				Men 50 Breast							
Men 100 Back				40 VMST 49.06				1 JAMES SLAUGHTER							
1 GENNARD LANZARA	38	VMST	1:19.26	Men 100 Back				51 NCMS 40.41							
				1 RANDY HANSON				Men 100 Breast							
				40 VMST 1:58.54				1 JAMES SLAUGHTER							
				Men 200 Back				51 NCMS 1:37.50							
				1 RANDY HANSON				Men 200 Breast							
				40 VMST 4:11.07				1 JAMES SLAUGHTER							
				Men 50 Breast				51 NCMS 3:44.18							
				1 MATT SMITH				Men 50 Fly							
				42 VMST 38.05				1 JAMES SLAUGHTER							
				2 PAUL CHAPMAN				51 NCMS 48.23							
				41 VMST 40.78				Men 200 IM							
				3 JAMES REYNOLDS				1 JAMES SLAUGHTER							
				44 VMST 43.98				51 NCMS 3:35.92							
				4 REX MOOK											
				44 UNAT 51.39											
				Men 100 Breast											
				1 PAUL CHAPMAN											
				41 VMST 1:32.72											
				2 JAMES REYNOLDS											
				44 VMST 1:41.09											
				3 REX MOOK											
				44 UNAT 2:02.29											

**1997 Commonwealth Games of Virginia
Masters Swimming Competition**

Meet Results for Timed Finals - LC Meters

-----				Men 50 Breast			
--- Ages 55 Through 59 ---				:	1 NORMAN RAINER	69 VMST	54.02
PL	Name	Age Team	Finals	:	2 PAUL SMEAL	65 VMST	1:16.28
-----				Men 100 Breast			
Men 50 Free				:	1 PAUL SMEAL	65 VMST	2:46.52
1	ROBERT TAYLOR	58 VMST	42.03	:	Men 200 Breast		
2	JACK CROWDER	58 VMST	53.97	:	1 NORMAN RAINER	69 VMST	4:31.46
Men 100 Free				:	Men 50 Fly		
1	ROBERT TAYLOR	58 VMST	1:39.18	:	1 JURGEN PEST	65 VMST	51.82
2	JACK CROWDER	58 VMST	2:01.38	:	2 PAUL SMEAL	65 VMST	1:11.38
Men 50 Back				:	Men 200 IM		
1	ROBERT TAYLOR	58 VMST	52.35	:	1 JURGEN PEST	65 VMST	4:16.27
2	JACK CROWDER	58 VMST	1:17.24	:	-----		
Men 50 Breast				:	--- Ages 160 Through 199 ---		
1	ROBERT TAYLOR	58 VMST	58.20	:	PL	Name	Team Finals
-----				:	-----		
--- Ages 60 Through 64 ---				:	Men 200 R-Medley		
PL	Name	Age Team	Finals	:	1 VMST A M-160	VMST	2:46.93
-----				:	WILLIAM PHARIS-49	GENNARD LANZARA-38	
Men 50 Free				:	JAMES REYNOLDS-44	F. SULLIVAN-67	
1	LAWRENCE COHEN	61 DCM	31.75	:			
2	LANDIS LEE	62 UNAT	37.18	:			
Men 200 Free				:			
1	LAWRENCE COHEN	61 DCM	2:44.98	:			
400 Free				:			
1	LAWRENCE COHEN	61 DCM	6:04.53	:			
Men 50 Back				:			
1	LAWRENCE COHEN	61 DCM	44.24	:			
Men 100 Breast				:			
1	LAWRENCE COHEN	61 DCM	1:41.88	:			
-----				:			
--- Ages 65 Through 69 ---				:			
PL	Name	Age Team	Finals	:			
-----				:			
Men 50 Free				:			
1	DONALD SEDBERRY	66 VMST	44.77	:			
2	PAUL SMEAL	65 VMST	49.39	:			
Men 100 Free				:			
1	NORMAN RAINER	69 VMST	1:34.65	:			
2	JURGEN PEST	65 VMST	1:35.10	:			
3	DONALD SEDBERRY	66 VMST	1:48.13	:			
4	PAUL SMEAL	65 VMST	2:00.75	:			
Men 400 Free				:			
1	FORREST SULLIVAN	67 VMST	7:17.47	:			
Men 50 Back				:			
1	FORREST SULLIVAN	67 VMST	43.55	:			
2	PAUL SMEAL	65 VMST	1:15.59	:			
3	DONALD SEDBERRY	66 VMST	1:41.94	:			
Men 100 Back				:			
1	JURGEN PEST	65 VMST	1:58.29	:			
200 Back				:			
1	FORREST SULLIVAN	67 VMST	3:48.62	:			

Main Set

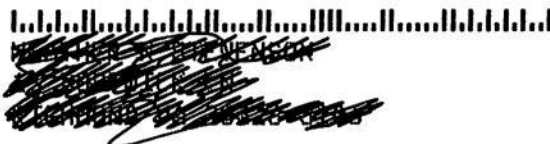
Jim Brinkman had our weekend workout group do this recently. It is a another good set to do when you can't make up your mind what to do. Just add a warm-up and some cool-down. The workout seems to go quickly because of the descending distances. Set interval for approximately 15 seconds rest on the 100s.

400 Pull, 4 x 100 Swim
300 Pull, 3 x 100 Swim
200 Pull, 2 x 100 Swim
100 Pull, 1 x 100 Swim

The total for the set is 2000 yards. For those of you who want more, add 500 Pull, 5 x 100 Swim.

Viggina Masters Swim Team Newsletter
Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA



Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.
Charlottesville: Craig C. Clift (804) 293-6657; *Mark Braiman (804) 296-2387.
Chesapeake: YMCA (757) 547-9622
Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622
Ft. Eustis: *Mary Rebarchak, (757) 766-3554.
Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.
Lynchburg: *YMCA (804) 847-5597
Newport News: *Riverside Health and Fitness Center (757) 877-8223; *Sentara Fitness Center (757) 827-0420.
Norfolk: *YMCA (757) 622-9622; *ODU (757) 683-6135.
Northern Virginia: *Chinn Aquatic Center, Harry DeLong, (703) 368-0309.
Portsmouth: YMCA (757) 399-5511.
Richmond: *Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;
*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622
Roanoke: *Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (703) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.
Staunton: *Staunton YMCA, Diane Kent (540) 885-6069.
Virginia Beach: *Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;
VBCRC: *Great Neck, 496-6766; *Princess Anne, 426-0022; *Bayside, 460-7540, Kempsville, 474-8492,
Bow Creek 431-3765.
Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.
West Virginia: *Concord, Tim Mainland (304) 384-7473